



**GNITED MINDS**  
Journals

*International Journal of  
Physical Education and  
Sports Sciences*

*Vol. V, No.I, April-2013,  
ISSN 2231-3745*

**STUDY ON SIGNIFICANT DIFFERENCE OF  
PERSONALITY CHARACTERISTICS AND  
ANXIETY BETWEEN JUNIOR COLLEGE AND  
HIGH SCHOOL KABADDI PLAYERS**

# Study On Significant Difference of Personality Characteristics and Anxiety between Junior College and High School Kabaddi Players

Ravinder Bath<sup>1</sup> Dr. P. N. Deshmukh<sup>2</sup>

<sup>1</sup>Research Scholar, CMJ University, Shillong, Meghalaya

<sup>2</sup>Reader and Head, Smt. Sushila Devi Deshmukh Sr. College, Latur (M.H.)

**Abstract:** *It had been hypothesized there would be no significant difference of anxiety of Junior College boys and .High School Kabaddi players. The results of the study revealed that statistically significant difference of anxiety was found between Junior College and .High School Kabaddi players. Junior College Kabaddi players was found to have got less anxious as compared to .High School Kabaddi players, which means that .High School Kabaddi players incur significant more anxious as compared to Junior College Kabaddi*

*The mean (S.Ds.) age of Junior College Kabaddi players was 16.3 (2.89). Their weight was 51.*

*13 (17.34) Kg. and their height was 156 (6.11) cm. Meanwhile the mean (S.Ds.) age of .High School Kabaddi players was 18.5 (6.66), their weight was 68.22 (11.09) kg and their height was 172 (12.44) cm.*

*It had been hypothesized there would be no significant difference of anxiety of Junior College and .High School Kabaddi players. The results of the study revealed that (Table-2.1) statistically significant difference of anxiety was found between Junior College and .High School Kabaddi players. These results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.*

**Key words;** *Anxiety, hypothesized, Junior College Kabaddi players.*

## INTRODUCTION

Extraversion can be explained at the neural level in that his extraversion-introversion scale reflects the strength of the excitatory-inhibitory functions of the central (cortical) nervous system. He (1967) also proposed that the extraversion associated reticular-cortical loop systems of the brain stem. It means that the diboy'ssion involves the reticular activating system. His proposal was founded in the belief that cortical excitation in response to external stimulation (such as the effects of competition) is. - in introverts than in extraverts.

It is through the linkage of the reticular formation and hypothalamus with personality diboy'ssion that Eysenck believes differing personalities will reflect their positions on a level of arousal continuum. For example, cortical excitation in response to external stimulation (e.g. a tension situation in sports) is postulated as being in introverts than in extraverts. This is because he saw introverts as having weaker nervous systems than extraverts. Conversely, he believed that inhibition will be. - in extraverts as they possess stronger inhibitory mechanisms because of their stronger nervous systems. The reason for this is that weaker nervous system is more sensitive and begins to respond at stimulus intensities which are ineffective for strong nervous systems. This results in the weaker system's

responses being closer to the maximum level of responding than those of a stronger system through the stimulus intensity continuum. Eysenck feels that this represents the cortical supremacy of introverts as producing a constraint of their behavior in accordance with conditioned and learned patterns of response that lead to the emergences of those personality traits characterizing introverts. Conversely, the absence of such supremacy leads to an absence of such constraints and to the emergence of extraversion traits.

## REVIEW OF LITERATURE

Kirkcaldy (1982) found no significant differences regarding the personality diboy'ssion of team and individual athletes.

Mohan Et. Al. (1979) found that the players were more extraverted than .-players and low on neryotiucism implying more stability of emotionality. Thakur and Thakur (1980) studied personality characteristics of the athlete and .-athlete Indian College males using projective methods of personality assessboy'st and found that the characteristics associated with athletes were happiness, cordial and affectionate, anxiety, achieveboy'st, dominance and superior organization capacity, whereas the characteristics associated with

.-athletes were guilt, acquisition, passivity, rejection, superior imagination.

Research has been completed showing that CTA is effective in predicting various level of state anxiety (Marten 1977, Marten, Rivkin, Burton 1979). However, the strength of these relationship is inconclusive for example Marten (1977, pp 67-68) found an increasing correlation between CTA and the latter measure Weinberg and Genuchis (note 1) investigation of male college golfers concluded that CTA was to correlate significantly with basal and pre-competitive state anxiety scores among youth male soccer players.

According to Mudra (1980) with almost half of the variance in the prediction of pre-game state anxiety being accounted for, there is still another 50% which remains, suggesting the need for the future research. In an effort to identify and gain further understanding of the components of the competitive stress, other possible sources such as coach.

Eysenek et. Al. (1982) reported that athletes tend to be high on psychoticism than the.-athletes. According to them, a high psychoticism scores may be discribed as being aggressive, troublesome, cruel and inhuman, lacking in feeling and sympathy.

## MATERIAL AND METHOD

In this study total 300 Kabaddi players were selected; out of 150 Junior College Kabaddi players. The data was treated statistically by employing " t " test to determine the significant difference of personality characteristics and anxiety between Junior College and .High School Kabaddi Players.

The mean (S.Ds.) age of Junior College Kabaddi players was 16.3 (2.89). Their weight was 51.

13 (17.34) Kg. and their height was 156 (6.11) cm. Meanwhile the mean (S.Ds.) age of .High School Kabaddi players was 18.5 (6.66), their weight was 68.22 (11.09) kg and their height was 172 (12.44) cm.

It had been hypothesized there would be no significant difference of anxiety of Junior College and .High School Kabaddi players. The results of the study revealed that (Table-2.1) statistically significant difference of anxiety was found between Junior College and .High School Kabaddi players. This results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.

It had been hypothesized there would be no significant difference of anxiety of Junior College boys and .High School Kabaddi players. The results of the study revealed that statistically significant difference of anxiety was found between Junior College and .High School Kabaddi players. Junior College Kabaddi players was found to have got less anxious as compared to .High School Kabaddi players, which

means that .High School Kabaddi players incur significant more anxious as compared to Junior College Kabaddi players. These results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.

It had been hypothesized there would be no significant difference of anxiety of Junior College girls and .High Schoolboy's Kabaddi players. The results of the study revealed that statistically significant difference of anxiety was found between Junior College girls and .High School boy's Kabaddi players. This results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.

It had been hypothesized there would be no significant difference of anxiety of Junior College girls and .High Schoolboy's Kabaddi players. The results of the study revealed that (Table-2.4) statistically significant difference of anxiety was found between Junior College girls and .High School boy's Kabaddi players. Thus, the hypothesis was not accepted

## CONCLUSION

The results of the study revealed that statistically significant difference of anxiety was found ( $t = 2.30$ ,  $P < .05$ ) between Junior College girls and .High School boy's Kabaddi players. Junior College girls Kabaddi players was found to have got more less anxious as compared to .High Schoolboy's Kabaddi players, which means that .High Schoolboy's Kabaddi players incur significant more anxious tendency as compared to Junior College girls Kabaddi players. This results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted

1. Junior College Kabaddi players have more anxiety than .High School Kabaddi players.
2. Junior College volleyball players and .High School Kabaddi plays have significant level anxiety difference.
3. Junior College Kabaddi boy's players have more anxiety than .High School Kabaddi boy's players.
4. Junior College Kabaddi boy's & . - secondary Kabaddi boy's have significant level anxiety difference.
5. Junior College Kabaddi girl's players have more anxiety than .High School Kabaddi boy's players.
6. Junior College Kabaddi girl's & . - secondary Kabaddi boy's have significant level anxiety difference.

7. Junior College Kabaddi boy's players have more anxiety than .High School Kabaddi girl's players.
8. Junior College Kabaddi boy's & . - secondary Kabaddi girl's have significant level anxiety difference.

## REFERENCES

- Atwell, W. O. and Elbel, E.R. (1948) : Reaction Time of Male Junior College Students in 14-17 Year Age-Groups. *Research Quarterly*, 19:22
- Bechleitner, R. (1984) : Sport, Personalichkeit, Methoden Probleme. *Sportwissenschaft*, 14, 121-140.
- Colas, M.G.H. Porges, S.W. Duncan, J. and Cornia C. (1975) : Sex Differences in Performance and Associated Cardiac Activity During Reaction Time Task. *Physiological Psychology*, 3:141-143.
- Elbel, E.R. (1939) : A Study in Variations of Response Time *Research Quarterly*, 10:35 March.
- Elbel, E.R. (1940) : A Study of Response Time Before and After Strenuous Exercise. *Research Quarterly*, 11:86-95.
- Epstein, S. and Fenz, W.D. (1965) : Steepness of Approach and Avoidance Gradients in Human as a Function of Experience: Theory and Experiboy'st, *Journal of Experiboy's Psychology*, 70:1-12.
- Gall, M. D. (1964) : The Relationship Between Masculinity Feminity and Manifest Anxiety. *Journal of Clinical Psychology*, 25:294-295.
- Garrett, H. E. (1956) : *Statistics in Psychology and Education*, New York, Longmans, Green & Co. Inc.
- Hanry, F. M. (1941) : Personality Differences in Athletes, Physical Education and Aviation Students. *Psychological Bulletin*, 38:745.
- Henry, F. M. (1952) : Independence of Reaction and Moveboy'st Times and Equivalence of Sensory Motivators of Fast Response. *Research Quarterly*, 23:43.
- Johnson, A. P. (1951) : Notes on a Suggested Index of Item Validity: The U-L Index. *Journal of Educational Psychology*, 42:499-504.
- Kumar, A., and Thakur, G. P. (1986) : Extraversion, Neuroticism, and Psychoticism in Athletes and .-athletes. In N.N. Mall and J. Mohan (ed.) *Psychological Analysis of Sports Performance*, Gwalior, LNCPE, 34-36.
- Lakie, W.L. (1962) : Personality Characteristics of Certain Groups of Inter-.High SchoolAthletes. *Research Quarterly*, 33:556-573.
- LaPlace, J.P. (1954) : Personality and its Relationship to Success in Professional Baseball. *Research Quarterly*, 25:313-319.
- Lawther, J. D. (1955) : *Psychology of Coaching* Englewood Cliffe, N.J. Prentice-Hall Inc.
- Mushier, C.L. (1972) : Personality and Selected Boy's Athletes. *International Journal of Sports Psychology*, 3:25-31.
- Neal, P. E. (1963) : Perfonality Traits of united States Boy's Athletes who participated in the 1959 Pan-American Games as measured by the Edwards Personal Preference Schedule Unpublished Master's thesis, University of Utah, Salt Lake city.
- Oxendine, J. B. (1970) : Emotional Arousal and Motor Performance, *Quest*, 13:23-32.
- Persons, D.R. (1964) : Personality Traits of National Representative Swimmers of Canada, 1962. Unpublished Master's thesis, University of British Columbia, 1963. Completed Research in Health, Physical Education and Recreation, 6:44.
- Ruffer, W.A. (1965) : A Study of Extreme Physical Activity Groups in Young Boy's. *Research Quarterly*, 36:183-195.
- Rupnow, Allan and Ludwig, David, A (1981) : Psychometric Note on the Reliability of the Sport Competition Anxiety Test. *Research Quarterly*, 52(1): 35-37.
- Symond, P.H. (1946) : *Dynamics of Human Adjustboy'st*, New York, 138.
- Teichner, W.H. (1954) : Recent Studies of Simple Reaction Time. *Psychological Bulletin*, 51:128-149.
- Walker, H. M. and Lev. J. (1953) : *Statistical Inference*, Holt, Rinehart & Winston, New York.
- Yoshizaki, N. Araki (1964) : Age and Sex Differences in the Learning Effect of the Simple Optic Reaction Time. *Japanese Journal of Physical Fitness*, 13:71.